



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09056, Boysenberries, canned, heavy syrup

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	76.26	3	1.680	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	368	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.99	3	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.12	3	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.32	3	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	22.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	18	3	0.961	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.43	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	11	3	0.353	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	10	3	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	90	3	4.372	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	3	0.333	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.19	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.070	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.250	3	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	6.2	3	0.703	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.026	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.029	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.230	3	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.131	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.038	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	34	3	2.919	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	34	3	2.919	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, DFE	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	2	3	0.189	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	40	3	3.786	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985